

[An Isotonic Sports Drink for Female Athletes Fortified with Iron, Calcium and Essential Vitamins for Use in Rehydration and Nutrition During Exercise and Competition]

Abstract

The present invention provides an isotonic sports drink composition that can be administered orally to provide electrolytes and energy lost during physical exertion as well as provide essential vitamins and minerals to female and teenage athletes who are at risk of Iron Deficiency Anemia, Amenorrhea, Hypocalcemia and Osteoporosis.